SUBSTITUTE the following paragraph "a)" on page 2, lines 9 and 10:

--a) detecting parameters inherent to a person's body during a training; said method being characterized by the steps of:--

SUBSTITUTE the following paragraph at the bottom of page 2, lines 33 and 34, and continuing on the top of page 3, lines 1-5:

--To achieve the above objectives, the invention is based on the idea of providing a training program that can be combined or compiled individually and listened to by a user during the training (e.g., a music compilation) and of providing a portable training device that has sound playback means for playing the training program in the form of music or texts and the capability to detect the actual training course and to output via the sound playback means verbal training information corresponding to this training course to the user for training purposes.--

SUBSTITUTE the following four paragraphs on page 3, lines 12-34:

--According to the invention the portable training device comprises, besides the sound playback means, a microprocessor or microcomputer, respectively, and a training course detecting means in data communication with the microprocessor. The training course detecting means detects parameters inherent to the training person during a training. The training course detecting means is, for example, a pulsimeter, a pulsoxymeter, a chronometer, a timer, or a pedometer.

The sound playback means is preferably a MP3 player or a device using similar data formats, a DISCMAN, a portable DAT device, or a portable MiniDisc device. The sound playback means is preferably insensitive to shock.

Verbal information (for example, "Your pulse frequency is 110.") corresponding to the detected pulse is outputted to the user via the sound playback means for informing the user about his/her present physical condition. This information is presented to the user on a regular basis, e.g., every minute, or on demand, for example by means of a button or switch provided on the portable training device.

For example, by use of a chronometer or timer the user can perform his training in certain intervals, the duration of which is predetermined by the chronometer/timer and verbally signaled to him. The indication of the detected training course, i.e. time intervals, pulse frequency, etc. can be provided by a voice synthesizer and preferably additionally by a visual signal generating means. For example, a light emitting diode is provided that assists and supports the verbal indication or information to the user. Alternatively, a display, e. g. integrated in glasses (e.g., sun glasses) worn by the user is used for visually informing the user about his/her present status.--

SUBSTITUTE the following first paragraph on page 4, lines 1-12:

--The microprocessor/microcomputer receives the detected training course signal, i.e. the parameter signal of the detected parameter, and converts this into corresponding training information and transmits it to a signal means, e.g. a voice synthesizer, for verbally informing the user of the detected parameters. Thus corresponding training information can be communicated to the user on the basis of the determined data (pulse frequency, oxygen contact of the blood, time characteristic, distances, etc.). If the user for example listens to music by means of a head set during the training, the running program can be interrupted temporarily for transmitting the training information to inform the user about his/her present physical condition. The portable training device according to the invention thus outputs by means of voice output training information to the user, e.g. information about pulse, elapsed time, pace information (e.g. elapsed distance), information about individual training units, etc.--

SUBSTITUTE the following paragraph on page 4, lines 25-32:

--A music playback means according to the invention preferably comprises a means for outputting a beat so that the user is given a predetermined selectable rhythm for performing his training. This beat can preferably be provided variably to influence the training course and the training speed, respectively. In a particular preferred embodiment, the outputted beat corresponds to the cardiac rhythm of the user so that he can train according to his personal rhythm. The music played by the training device or the music playback means is for example pulse controlled or running controlled.--

SUBSTITUTE the following paragraph on page 5, lines 21-26:

--According to a further preferred embodiment, the training device comprises a means for storing personal user data. These are output from the training device during the training and can be received by other training devices. Received personal data of another user can be compared with the user's own personal data (e.g. hobbies) in the user's own training device. If the compared data match at least partially, this is indicated to the user by a corresponding signal.--

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SUBSTITUTE the following paragraph at the bottom of page 5, lines 32-34, and continuing on the top of page 6, lines 1-8:

--According to the invention, prior to the training, music compilations are provided (in the Internet) at a base station (e.g. computer having Internet access) which then can be combined individually, downloaded, and employed for training on a playback device (MP3 player). Preferably, the parameters detected during the training are stored in a memory of the portable training device and are transferred to the base station once the training device is again connected with the base station. In the base station, the detected data of the preceding training unit are analyzed. Based on the outcome of this analysis and based on personal data (e.g., age, gender, etc.) and on the selected kind of sport, a modified training program is offered to the user as a further means to improve and optimize the user's training and physical condition.--

A8

SUBSTITUTE the following first paragraph under Description of the preferred Embodiments, page 6, lines 19-33:

--According to a preferred method of the present invention as shown in Fig. 1, a user first registers with a personal password at an Internet website. The user then selects a virtual personal coach, i.e., the user selects a specific voice (e.g., drill sergeant) for the training information/instructions communicated during the training. In the next step, the user is asked for personal data such as age, gender, training goal, etc. which allows the training system to assist the user in creating a music compilation or training schedule for specific training units. The selected data are then transferred from the PC (base station) to the portable training device, and the user can start the individual training.

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While the user is listening to the individual music compilation, the detected parameters are communicated to the user along with instructions regarding further training units. According to this preferred method, the detected data are stored in a memory of the portable training device and are transferred to the base station after the training is completed. These data are then analyzed at the base station. For example, the data are compared with the data of pervious exercises or with data of other users.--

SUBSTITUTE the following paragraph on page 7, lines 1-12:

--Fig. 2 shows the training system according to a preferred embodiment of the present invention. On top of Fig. 2, the portable training device is shown. According to this specific embodiment, the portable training device comprises a parameter detecting unit that communicates with the microprocessor of the device by wireless transmission. Furthermore, a display is provided, e.g. for showing the track number or title of the played music. The training device further comprises an output unit comprising an output sub-unit for music and a sub-unit for the verbal information, a time counter, and a data memory transmitter. The portable training device is adapted for a data transfer with a base station which is shown as a computer with an Internet browser for accessing an Internet website. At this website, the individual personal data can be entered, the training schedule with a sequence of training units can be created, and the music compilations can be prepared.--

In the Claims

Please amend the claims by substituting the following claims 2, 3, 7, 9, 12, 20, and 21 for those pending claims with the same numbers as follows:

2. (AMENDED) Method according to claim 1, wherein the verbal training information indicates the detected values of the body's inherent parameters to the user.